CHAPTER I

INTRODUCTION

Today in the modern competitive era every sportsman is in a race to excel others, and competition has become a fundamental mode of human expression as it is one of the very important function by which National and International recognition and prestige is gained. From its very simple form, sports have emerged into highly organized activity of human society and it has become a complex social and cultural phenomenon.

Sports are a psycho-physiological activity. It has both psychological and physiological dimensions, besides physical, social and technical aspects. In this modern era of competitions the psychological preparation and physiological fitness of a sportsman is as much important as teaching of different skills of a game on the scientific lines. These sportsman are prepared not only to play the game, but to win the game and for winning the game, it is not only the proficiency in the skills which brings victory but more important is the psychological, physiological and physical prowess of the players.
High sports performance is the result of a multiple factors such as physical fitness, skill fitness, constitutional factors, tactical efficiency etc. the performance of world class judokas is the result of interaction of a number of factors which includes psychological and physiological demands also\(^1\).

The craze for winning medals in the Olympics and other international competitions has catalysed the sport scientists to take “interest in exploring all the aspects and possibilities which can contribute to enhance sports performance to undreamt heights.” It has been established beyond doubt that “much of human physiology is controlled by human psychology and that physiological preparation in sports is inconsequential in the absence of study of human behavior, as it is related to competitive sport the virgin realm of the mind has to be explored, without which neither excellence nor perfection could be ensured.” It is now being claimed that “regardless of how much ability, skill or fitness a person possesses for a particular task or sport, the success or quality of his performance will, in the final analysis probably depend on his particular

Psychological make-up." Psychological make-up here, to a great extent, encompasses personality structure, motivation and emotional control\(^2\).

Athlete development systems and programmers are no longer adequate if they only emphasize skill and physical development. The inclusion of sound psychological principles and practices in training and competition preparations and conduct is a necessary ingredient of modern sport\(^3\).

The sport psychologists now agree that the elite performance in sports activities can only be possible when there is a judicious combination of genetic factors or traits, generally good environment which includes the infrastructural facilities, and highly specialized training. This emphasizes the concern and consideration for physical, physiological and psychological factors that are most conducive to outstanding performance. Apart from the personality factors which can be termed as foundational to athletic performance, consistency,


confidence, concentration, anxiety management, positive attitude and will are the fundamental psychological skills, which when learned and practiced certainly help bring about enhancement in athletic performance⁴.

Motivation in general is a process which indicates why people participate in sports the way they do. “The urge to run and play when young, to excel when competing, to struggle when hindered, to prove something when challenged, to escape when confined, to be aggressive when angered and to flee when frightened are typical of man as he matures and develops and moves through life’s many dangerous and competitive situations.” Need achievement is manifested in behaviors expressing a desire for accomplishment, prestige, ambition, the need to overcome obstacles, to seek challenges, and to exercise power etc. In birth achievement motivation is “the degree to which a player is willing to approach a competitive situation⁵.”

An understanding of the nature of achievement motivation is helpful in understanding kids in general as well as individually in terms of what they do: how well they do and how long they continue in sports. Once we come to know as to what works is a “driving force”, it becomes easier to guide the athlete into achieving excellence. When the desire for achievement becomes a dominant concern for the person, it is expressed in restless driving energy aimed at achieving excellence, getting ahead, improving upon past records, beating competitors, doing things better, faster, more efficiently and finding unique solutions to difficult problems.\(^6\)

The core psychological characteristics facilitate participation in physical activities and acquiring proficiency in skills which in turn may enhance sports performance dimensions.\(^7\) A minimum level of I.Q. is necessary to achieve superiority in sports endeavour. People with the low intelligence experience difficulty in acquiring skills. Certain personality traits such as freedom from agitation, high need for social approval, lack of hostility to the environment are predictive


of superior performance in sports endeavour. Cofer and Johnson suggested that athletes are a special breed in terms of personality and their special attributes sort out the champions from those who are blessed with similar physical abilities.

On the basis of the large number of observation and evaluation of individual sportsman, a number of personality profiles related to high sports achievement, have been determined. These profiles are drive, determination, intelligence, aggression, leadership, emotionality, self-confidence, mental toughness, trust and conscience development.

The theory of incentive motivation is still in infancy; however, it revolves round at least seven major systems; they are (i) excellence: (ii) Power (to influence change and control the opinions and attitudes primarily at other athletes and coaches towards them); (iii) Sensation (to have exciting, interesting and sensory experiences primarily in terms of novelty, uncertainty and complexity) i.e. seek

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excitement through sports; (iv) independence (to do things without the advice or criticism of other athletes and coaches); (v) success (to receive prestige, recognition, status and social approval for their achievements); (vi) aggression (to physically dominate and psychologically intimate other athletes); and (vii) affiliation (to attain, maintain and consolidate warm inter-personal relationship, primarily with other players and coaches). A few studies conducted on the incentive motivation upheld that the major reasons why athletes participate in competitive sport fall under the incentive systems of excellence, affiliation sensation, success\(^9\).

Anxiety plays a paramount role in sport. It is the challenge in sports participation which produces anxiety. How an athlete handles the anxiety determines how successful he would be. Anxiety may be positive motivating force or it may interfere with successful performance in sport events. The degree of anxiety also varies with a number of different conditions. Anxiety is likely to be greater in higher competitive sports than in relatively non-competitive sports, because in the competitive sports, participants are expected to win

and great demands are made upon then to succeed. The study of the
effect of anxiety on sports performance has become a major topic of
interest in sports psychologists, in recent years. The degree of
perceived anxiety is an important variable to be considered in the
performance of an individual\textsuperscript{10}.

Modern perspective of anxiety have ranged from the ideas of
Freud, who defined anxiety as a response to perceived danger or
stress, to contemporary attempts of psychologist to alter patterns of
anxious behaviour by adjusting the chemistry of brain. It is from both
personality, theorists and psychoanalysts that sports psychologist
have obtained tools with which to carry out research and to help
athlete adjust emotionally to stress imposed by competitive sport\textsuperscript{11}.

\textsuperscript{10} C. Cofer and W. Johnson, “Personality Dynamic in Relation to Exercise and Sport,”
Science and Medicine of Exercise and Sport, W.R. Johnson ed. (New York : Harper &
Row Brothers Publishers, 1960) cited by Dorothy V. Harris, Involvement in Sport : A
Somatopsychic Rationale for Physical Activity (Philadelphia : Lea and Febiger, 1973),
p. 212.

\textsuperscript{11} Ajayjit Singh, Sports Psychology: A Study of Indian Sportsmen (Delhi: Friendly
Any study on psychological make-up of an athlete is likely to remain in complete if the level of anxiety is not given due place in the scheme of psychological parameters related to excellence in sports\textsuperscript{12}.

Violence has been an inescapable fact of human life since the beginning of time. It is reasonable to suppose, therefore, bearing in mind human ingenuity, that self defence systems were devised at a very early stage in order to ensure survival of the species\textsuperscript{13}. Indeed, man’s combat skills have been undergoing a constant evaluation. Each addition, by way of another through out movement, aided the struggle against aggressors and began to form the basis of a martial skill slowly and gradually, mostly through trial and error, fighting became more of an exact science rather than just pure animal instinct\textsuperscript{14}.

Judo is now practiced in almost every country in the world. Judo techniques are divided into three categories: tachiwaza (standing techniques), newaza (ground techniques) and atemiwaza


\textsuperscript{14} Peter Lewis, Martial Arts (Portugal: Marshall Cavendish Books Limited, 1990) p. 9
(vital point techniques). Within these three categories there are many sub-divisions that encompass the whole periphery of judo technique. Tachiwaza is also known as nagewaza (throwing techniques). Atemiwaza derived from jiu-jitsu, is practiced only for self-defence and is prohibited in competition.\textsuperscript{15}

Judo is an unarmed combat sport. It is comparable in many ways with boxing and classical forms of wrestling, but has many advantages over these sports. Boxing in particular is losing favour because of the risk of brain damage and disfiguration, coupled with this is the fact that one of the objectives of the sport is to hurt one's opponent.\textsuperscript{16}

Judo’s long road to the Olympics is an intriguing tale of the effect, Western values has had on world society in the twentieth century. When Jigoro Kano created judo in 1882 with the opening of his small eight-mat dojo in Eishoji Temple in Tokyo which he called kodokan Judo, it was an activity designed to forge the physique and spirit of young men. In many ways, Kano’s idea of judo was a

\textsuperscript{15} Ibid. p. 95.
composite of two ideals. The first was inherent in the name he gave his activity. The Japanese concept of ‘do’ encompassed the principle of a ‘path’ or way to or greater understanding of life both for the individual and for the general benefit of mankind. The second idea was close to the idealized image of the Greek man Kano was highly educated and aware of the ancient Greek tradition which admired wrestlers, archers and swordsmen. In short, the spirit could be honed by physical as well as mental skills.

The contest represents the cutting edge of that huge conglomeration of history and hopes of aspirations of techniques and of theory that makes up the rich and varied world of judo. The years have shown that judo is one of the liveliest sports in terms of innovation, and one of the richest in terms of sheer variety of techniques. In fact, judo is moving so quickly that it is almost as difficult for a coach to keep up to date with the latest ideas as the computer expert struggling with new marvels every week17.

It has been said that judo is one of the very few sports where, after twenty years of active involvement, it is possible to go a

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competition and still see something totally few. Sometimes it is just a minor adjustment to a grip or an entry which is nevertheless sufficient to bring to life a technique previously written off as old fashioned and easily stopped. Sometimes, it is the combination of something old with something new or it could be a question of the cycle of fashion, with people forgetting defences and counters to some old throws that were toppling our judo grand fathers. More rarely, it is a real innovation, which sets in train a series of new ideas based on the same theme.  

Anxiety has been described as a painful uneasiness of the mind concerning impending or anticipated ill: it represents a danger or threat within the individual rather than an external danger. “In anxiety, the disturbing stimulus does not physically preceded or accompany the emotional state but is anticipated or expected to occur in the future. The response to this anticipated danger or threat is apprehension, uneasiness or for boding from which the person cannot immediately escape. Even more important, anxiety is

accompanied by a sense of helplessness due to the person feeling blocked and unable to find a solution to his problem$^{19}$.

Anxiety is one of the greatest trait of personality of all types games players as well as team game, individual game or combat game players, the anxiety is faced by the entire team and an individual player faces an emergency he/she along is sole sufferer to total anxiousness. His success or defeat, good performance or bad, depend upon his individual anxiety. It looks intriguing to find how the anxiety level of some combat sportsmen (only Boxer, wrestlers and judo players) compare with each others. After obtaining higher education in not sure to get desirable job this may also one of the reason of stress. And this stress is generally seen or felt on the students till they get a goof and desirable job. Students, Parents, Schools, colleges, Authorities are suffer more or less by educational stress.

Stress can be defined as “a state of mental or emotional strain or suspense” and also as a number of normal reaction of the

$^{19}$ Kauss, Bryant. J. Psychology in Cotemporary Sprots-Guidelines for Coaches and Athletes. Engelwood Cliff, NJ. Prentices Hall Inc.1983
body(mental, emotional, and physiological) designed for self presentation.

Despite its diffuse perception most of the well known emphasize stress as “any factor that threatens the health of individual or has an adverse effect on the functioning of the body. Stress is normal desirable and beneficial part of our lives that can help one learn and grow. Most people are more active, invigorated, creative and productive because of stress. Conversely, stress can cause significant problems, the object of study to access stress and behavior pattern among physical education.

According to the law of nature, the first lesson of education to child is body movement, which he learns initially in a natural way. Movement is an essential component of growth and also for development. The education also helps in maintaining and developing of physical behavior has no meaning. Therefore, the importance of physical education as for curricular activity, which should be recognized essentially. An attitude is a personality characteristics manifested by a feelings or observable behavior. The assumption is often made that physical education is a viable means to
promote the growth and development of positive attitude toward movement and fitness-related activities. Positive feeling about a physical should, of course, promote continuance of regular voluntary participation in physical activity. When individual are asked about their attitude toward physical activity, most will state a positive view. Unfortunately, many of these individuals activity must provide instruction and learning experiences that promote good feelings about fundamental movements, fitness related activities and sports.

An attitude is a favourable or unfavourable evaluation of something. Attitudes are generally positive or negative views of a person, place, thing, or events this is often refer to as the attitude object. People can also be conflicted or ambivalent toward an object, meaning that they simultaneously possess both positive and negative attitudes toward the item in question.

Psychology as a behavioral science has made its contribution for improving sports performance. It has helped coaches to coach more effectively and athletes to perform more proficiently. This psychological aspect of sports is gaining much attention among sports administrators.
Sports may be arranged in a scale according to the intensity and type of aggression inherent in each. Some sports require a great deal of physical force to be directed against one’s opponent, whereas others require forceful actions against the environment instead of direct aggression. Many sports however require that individual aggress within structured rules and specified conditions.

Sports is one of the avenue of mankind’s never ceasing strive for excellence. It involves extremely complex behavioral issues. As a consequence of intense competition sportsman’s behavior may undergo important changes. Psychological preparations of an athlete or a team is as much important as technique of different skills of the game on a specific field.

The effect of anxiety on performance depends directly on the type of task considered. In most cases a heightened arousal level, a breakdown of physiological and psychological integrative mechanisms is often seen to occur, resulting in less efficient performance in more complex task20.

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Many people are unhappy in the world, dissatisfied any yet not sure what is lacking in their lives. The basic reason for this unhappiness is our attachment to the materials plane of existence. Once we gain a glimpse of higher spheres of consciousness, then our unhappiness and discontent automatically fades away. Man has made tremendous progress in almost every walk of the life. Modern scientists and researchers have absolutely changed the life-style. Stress and strain are the cause of physical as well as mental distraction. Yoga has the surest remedies for man's physical as well as psychological ailments. It makes the organs of the body active in their functioning of human body

In clinical practice or research, whether the diagnosis is for therapeutic purposes, or for detecting psychological origins of physical disorders, or for analyzing stress reaction to internal disturbances, it is increasingly necessary to have a standard and dependable measures of anxiety. Further, there are also many

situations in educational and social psychology where accurate assessment of anxiety level is of prime importance.

Other, especially in clinical practice, anxiety has been measured by observation and interview. Unfortunately, there are many reasons like lack of frankness, differences in use of words lack of standardized situation, which mean an accurate interview estimate very difficult and rare. Evidence shows that even skilled diagnosed working with the same definition of anxiety may disagree on diagnosed anxiety level. Their agreement on diagnosed anxiety level may reach to the extent of reliability coefficient of .20 or .30 only.

The reason of disagreement among skilled clinicians is at least partly due to disparity in defecation of anxiety and anxiety manifestations form clinician to clinician. Some explain anxiety as an unpleasant emotional state in which a present or continuing strong desire or drive seems likely to miss its goal. Few other describe it as a fusion of fear with the anticipation of future evil or a feeling of threat especially a fearsome threat, without the individual being able to say which he thinks threatens him. Further, the relative weight assigned to tension level or general emotionality and the perceived
importance of internal dynamics versus manifest symptomatology can easily lead to great disparity between two highly trained psychologist or psychiatrists.

The scattered data, variations in different anxiety impacted behavior shown by the players, varied literature, impact of different age categories on maturity and accordingly shown psychological behavior of judo players made the scholar curious and thereby the following study has been planned and conducted with the following objectives and hypotheses.

**OBJECTIVE OF STUDY**

The primary objective of the study was the Assessment of Psychological Profiles of Senior, Junior and Sub Junior national and International Judo Players in India.

The second objective of the study was to compare Psychological Profiles of Senior, Junior and Sub Junior National level Judo Players in India.
HYPOTHESES OF THE STUDY

On the basis of literature reviewed, expert’s advice and scholar’s own understanding following hypotheses were made:

1. There will be significant difference among the senior, junior and Sub Junior Judo players in relation to Guilt Proneness dimensions of State Trait Anxiety Test.

2. There will be significant difference of Maturity (Ma) dimensions of State Trait Anxiety Test (STAT) among the Senior, junior and Sub Junior Judo players of India.

3. There will be significant difference of Self-Control (Sc) dimensions of State Trait Anxiety Test (STAT) on the Senior, junior, Sub Junior Judo players of India.

4. There will be significant difference of Suspiciousness (Su) dimensions of State Trait Anxiety Test (STAT) among the Senior, junior, Sub Junior Judo players of India.

5. There will be significant difference of Tension (Tn) dimensions of State Trait Anxiety Test (STAT) among the Senior, junior, Sub Junior Judo players of India.
DELIMITATIONS

The present research study is delimited to the following areas.

1. The study is delimited to the senior, junior & sub junior national and international level Judo players of India.

2. The study was also delimited to male subjects.

3. The study is also delimited to following psychological variable:
   - Tension
   - Guild Proneness
   - Maturity
   - Suspiciousness
   - Self-Control

LIMITATIONS

1. Questionnaire research has its limitations. As such, any bias that might have crept into the subject response on this account was considered as a limitation of this study.
2. Judo player’s perception towards their own behaviour may be different and thereby it may be considered as another limitation of the study.

3. No motivational techniques were used to motivate the subjects and therefore, the difference that might have occurred in performance due to lack of motivation may again be considered as one the limiting factor for the study.

**DEFINITION AND OF TERMS USED**

**State –trait Anxiety**

Feeling of anxiety may occur in stressful situations such as when confronted with an important test or interview. Tension is a state of mental or emotional strain or suspense. He suffered from fatigue and emotional tension. Psychology –the science of mental life.

The person who scores high on Tn tends to be very tense, excitable, frustrated, driven, restless, fretful and impatient. He is often fatigued, but unable to remain inactive. In groups he takes a poor view of the degree of unity, orderliness and leadership. His frustration represents an excess of stimulated but undercharged drive.
**Guilt Proneness (Gp)**

Guilt proneness is the ability to anticipate bad feelings prior to doing something bad.

The person who scores high on dimension Gp tends to be depressed, apprehensive, troubled, moody, a worrier; full of foreboding and brooding. He has a childlike tendency to anxiety in difficulties. He does not feel accepted or free to participate in groups. High Gp score is common in clinical groups of all types. They are considered ineffective speakers, remain rigidity task oriented in their remarks and have few peers as friends.

**Maturity (Ma)**

Maturity is the ability to respond to the averment in an appropriate manner.

The person who scores high on dimension Ma is easily affected by feeling and tends to be low in frustration tolerance, changeable and plastic. He evade necessary reality demands, and is neurotically fatigued. He tends to be fretful, easily emotional and annoyed, active dissatisfaction, having neurotic symptoms like phobias, sleep disturbances, psychosomatic complaints etc. Low Ma score is
common to almost all forms of neurotic and some psychotic disorders.

**Suspiciousness (Su)**

Tending to cause or excite suspicion; questionable; suspicious behavior.

The person who scores high on Su tends to be suspicious, mistrusting, doubtful and hard to fool. He is often involved in his own ego, is self opinionated and interested in internal, mental life. He is usually deliberate in his actions, unconcerned about other people, a poor team member.

**Self-Control**

Self control is the quality that allows you to stop yourself from doing things you want to do but that might not be in your interest.

The person who scores high on dimension Sc will not be bothered with will control and regard for social demands. He is careless of protocol and follows own urges. He is not overly considerate, careful, or painstaking. He may feel maladjusted and may also show affective maladjustments (but not like a paranoid).
SIGNIFICANCE OF THE STUDY

There are numerous factors, which are responsible for the performance of Judo players. Some of the psychological profiles to play a prominent role in this regard. It is considered important to have an understanding of these psychological profiles from the basis of sound techniques. It is therefore, presumed that this study may make worthwhile contributions in the following ways.

The study provides the first hand information regarding the profiles of Judo Players at various level in terms of the State-Trait Anxiety at Sports Competition.

1. The findings of the study will add to the existing knowledge in the area and will be beneficial for the players, coaches and researchers for getting a feedback.

2. The study will be helpful for the Self-assessment of the players.

3. The study will also play an important role in the psychological behaviour of the players in different circumstances.

4. It will be helpful to the players to fix realistic goal during competition.
5. The results of the study can be utilized for planning psychological training schedules of different levels of judo players in India.